A HANDBOOK OF DIETS

FOR USE IN

HOSPITALS IN INDIA

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Handbook of diet.

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HELEN S. WITTER

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HOSPITALS IN INDIA

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BY

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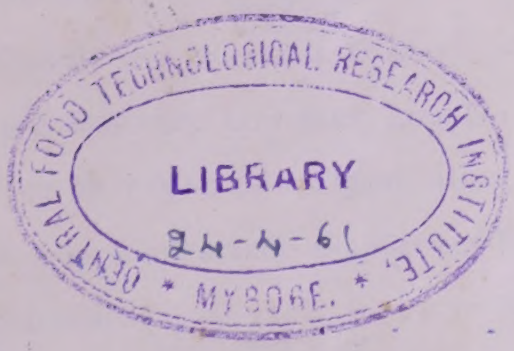
B.Sc. (Lond.) Dip. Diet. (Lond.)



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INTRODUCTION

The object of this book is to present, in compact form, calculated diets for use in diet therapy for specific diseases. The diets are intended for use only under medical supervision, but it is hoped that the form in which they are presented will be of practical help to those concerned with preparation and serving of food as well as to those prescribing the diets.

Food values used for calculation are taken mainly from *The Nutritive Value of Indian Foods and the Planning of Satisfactory Diets Health Bulletin No. 23,* (Government of India), the values being simplified to facilitate calculation. Other food tables to which reference has been made are *The Chemical Composition of Foods* by R. A. McCance and E. M. Widdowson (H.M.S.O. London) and *Tables of Representatives Values of Foods Commonly Used in Tropical Countries* by B. S. Platt (H.M.S.O. London).

Weighed diets are planned for patients taking non-vegetarian food, vegetarian food with eggs, and vegetarian food without eggs, and are all calculated on the same basic plan. To allow for variety, and for difference in taste and food habits, lists of alternatives are given.

A 'special' diet need not be monotonous although with some of the restrictions imposed, food is not always so palatable as a normal diet. It is hoped, however, that with the suggested variations, the co-operation of patients may be gained more readily and the scope of diet therapy increased.

Grateful acknowledgement is made to the Staff of the Christian Medical College and Hospital, Vellore, for their co-operation, encouragement and suggestions in the preparation of the diets contained in this handbook.

H.S.W.

Food Values for use in Diet Calculation

	Unit	Gms Carbo hydrate (C)	Gms Protein (P)	Gms Fat (F)	Calories
CEREALS AND CEREAL PRODUCTS					
Arrowroot	1 oz	25	..	..	100
Oatmeal	"	18	4	2	100
Ragi	"	22	2	..	100
Rice	"	23	2	..	100
Sago	"	26	..	..	100
Tapioca	"	27	..	..	100
Wheat	"	22	3	..	100
Cambu	"	19	3	1	100
Bread	"	15	2	..	68
Biscuits (average)	"	20	5	3	127
MILK AND MILK PRODUCTS					
Milk (cow's)	1 oz	1.4	0.9	1	18
Curds	"	1.4	0.8	0.8	14
Cheese	"	..	7	10	120
Whole milk powder	"	11	7	8	144
Skimmed milk powder	"	15	10	..	100
FATS AND OILS					
Butter	1 oz	..	..	24	216
Ghee	"	..	..	26	234
Vegetable oils	"	..	..	30	270
MEAT, FISH, EGG					
Mutton (without bone)	1 oz	..	5	4	56
Liver	"	..	5.5	2	40
Fish	"	..	6.5	..	26
Egg (hen's)	"	..	3.5	3.5	45
DHAL					
All varieties (average)	"	16	7	..	95
SUGAR, JAGGERY					
Sugar	1 oz	30	..	..	120
Jaggery	"	30	..	..	120
VEGETABLES					
Potato	1 oz	6	1	..	28
Yam	"	6	1	..	28
Green leafy vegetables	"	2	1	..	12
Other vegetables (av.)	"	2	0.5	..	10

FRUITS

For quantities of fruit giving 10 gms of carbohydrate, see Alternatives for use with Weighed Diets, page 4.

Approximate measures for quantities of foods commonly used in Weighed Diets

Measurements are taken on the standard Madras ollock and standard teaspoon. When measuring, the contents of the ollock should not be shaken down, and the contents of teaspoon and ollock should be levelled off with the back of a knife.

Rice 3 ozs.	slightly less than $\frac{1}{2}$ level ollock
Rice 2 ozs.	slightly less than 1/3 level ollock
Wheat flour 3 ozs.	$\frac{3}{4}$ level ollock
Wheat flour 2 ozs.	$\frac{1}{2}$ level ollock
Dhal 1 oz.	1/6 level ollock
Bread 1 oz.	$\frac{1}{2}$ inch slice from small loaf
Sugar 1 oz.	8 level teaspoons
Skimmed milk powder 1 oz	12 level teaspoons
Milk 8 ozs.	1 ollock
Curds 3 ozs.	slightly less than $\frac{1}{2}$ ollock
Cooking oil or ghee $\frac{1}{4}$ oz.	$2\frac{1}{2}$ teaspoons

DIETS OF FIXED CALORIE VALUE

Suitable for:

Diabetes mellitus

Obesity

Cardiac conditions requiring reduced Calorie intake.

Diets of fixed Calorie value have been calculated primarily for use in treatment of Diabetes mellitus. Those of 1500 Calories and less may be used for treatment of obesity.

Ordinary methods of cooking may be used unless there is any specified restriction, but it should be noted that sugar and jaggery are not allowed, and in the diets of low Calorie value the quantity of fat or oil allowed in cooking is very limited. A small increase only in the quantity of oil used in preparation of food will result in a considerable increase in total Calories, so that this item particularly should be noted in discussing diets with patients who have been accustomed to taking rich food. Condiments and seasonings may be used as desired unless contra-indicated.

The quantity of cereal is considerably less than that to which most patients are accustomed, and this presents an immediate problem in that the patients feel that the food is insufficient. Yam and potato are not included because of their relatively high starch content but increased quantities of other vegetables and greens may be allowed and the consumption of raw vegetables in the form of salads or chutney should be encouraged.

Values for vegetables and greens are calculated on 4 oz portions of each per day, experience indicating that it is better to include a nominal figure in the diet summary than to ignore the food value as is often done.

Fruit is not included in all the diets given, but allowance may be made by substituting fruit for some other source of carbohydrate.

A minimum of 50 gms. of protein per day is recommended but in pure vegeterian diets of low Calorie value this is difficult to achieve while maintaining a quantity of cereal which is acceptable to the patient. This difficulty is increased if the carbohydrate value of the diet in treating diabetes must be reduced to 150 gms. If this is necessary, the quantity of cereal must be reduced, the protein value adjusted in milk, and the remaining Calories made up in cooking oil, or butter, or ghee.

To allow for variety and difference in food habits lists of alternatives are given on page 4. Beverages of low Calorie value, as given on page 5 may be added to the diets as desired.

When low Calorie diets are used for treatment of cardiac diseases, adjustments in quantities may be made to allow a little sugar or glucose if necessary.

Alternatives for use with Weighed Diets

One portion of fruit, giving 10 gms. of carbohydrate, consists of any *one* of the following:

Apple 3 ozs (medium sized fruit)
Plantain 2 ozs (one small fruit, or half a large fruit)
Figs (fresh) 2 ozs
Grapes 3 ozs
Grapefruit 5 ozs
Pomeloe 5 ozs
Guava 4 ozs
Jack fruit 2 ozs
Green mango 4 ozs
Ripe mango 3 ozs (medium sized fruit)
Yellow melon 6 ozs (approximately half fruit)
Water melon 10 ozs (large slice)
Orange or sweetlime 4 ozs (medium sized fruit)
Pappaya 4 ozs (small slice)
Peaches 5 ozs
Pear 3 ozs (small fruit)
Tomato 6 ozs (one large or two small fruits)
Tree tomato 4 ozs

N.B.—No sugar should be added to the above. If desired, saccharine may be added to stewed fruit *after cooking*.

One portion of fruit may be taken instead of:
2/3 oz bread
or ½ oz rice (1½ ozs when cooked)
or vegetables and greens at mid-day or evening meals

Instead of 2 ozs bread, the following may be taken:
1 iddly
or 1 appam } prepared from 1 oz cereal, with a little chutney
or 1 dhosai

Instead of 2 ozs rice, the following may be taken:
Bread 3 ozs
or Chappathi prepared from 2 ozs wheat flour.

Instead of 3 ozs mutton, the following may be taken:
Liver 3 ozs.
or Fish 3 ozs, fried, or with extra ¼ oz fat or oil or ghee.
or Fish 5 ozs, steamed or boiled.
or Brain 3 ozs, fried, or with extra ¼ oz fat or oil or ghee.
or Brain 5 oz, boiled.
or Chicken 3 ozs.
or Cheese 1½ ozs.

Beverages of low Calorie value which may be used with weighed diets

Unsweetened lime juice
Clear soups
Strained vegetable soups
Yeast extracts
Beef extracts
Chicken extracts
Tamarind water
Pepper water, strained and skimmed of fat
Clear tea
Black coffee or coffee essence
Strained tomato juice (small quantity)

Glucose Value of Diabetic Diets

If insulin has been injected and the normal food cannot be taken, the equivalent value in sugar or glucose should be taken in tea or fruit juice.

Taking the food value in grams of Carbohydrate (C), protein (P), and fat (F) for each meal, or for the whole day's diet:

Glucose value in gms = 100% C plus 58% P plus 10% F.

General Instructions for Patients on Reducing Diets

1. Take only the prescribed amounts of bread, biscuits, rice, chappathi, or their alternatives, and milk.
2. Take salt sparingly.
3. Do not take any of the following:
   Sweets, chocolates, sugar, jaggery, jam, honey, syrup, fruits preserved in sugar or syrup, cakes, pastries, puddings, palaharams, potatoes, yam, fried foods, conjees.
4. When more than one portion of fruit is allowed in the day, do not take more than one plantain.
5. Vegetables allowed are:
   All green leafy vegetables, carrots, onions, brinjal, chow-chow, drumstick, knol-khol, tomato, gourds, pumpkins, cauliflower, ladies' fingers, green beans.

If not prescribed in the diet, peas, beans and pulses (dhal) should be taken only occasionally and then only in small amounts.

Non-Vegetarian Diet — 1000 Calories

Breakfast	.. Bread 1 oz Egg 1 Milk 6 ozs Coffee or tea as desired, without sugar
Mid-morning	.. Unsweetened lime juice *or* a small glass of buttermilk (making a corresponding reduction in amount of curds at mid-day)
Noon	.. Rice 1½ ozs (4½ ozs when cooked) Mutton 4 ozs Curds 3 ozs Vegetables, a helping *(No yam or potato)* Greens, a helping
4 p.m.	.. Milk 4 ozs Tea or coffee as desired, without sugar
7 p.m.	.. Rice 1 oz (3 ozs when cooked) Egg 1 Vegetables, a helping Greens, a helping

Daily allowance of oil in cooking .. ¼ oz.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 1 oz	15	2	..	68
Rice 2½ ozs	55	5	..	250
Milk 10 ozs	14	9	10	180
Curds 3 ozs	4	2	2	42
Eggs 2	..	7	7	90
Mutton 4 ozs	..	20	16	224
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Oil ¼ oz	..	..	7.5	67
	104	51	42.5	1009

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet with Eggs — 1000 Calories

Breakfast	.. Bread 1 oz Egg 1 Milk 6 ozs Coffee or tea as desired, without sugar
Mid-morning	.. Milk 6 ozs
Noon	.. Rice 1 oz (3 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables, a helping *(No yam or potato)* Greens, a helping
4 p.m.	.. Milk 4 ozs Coffee or tea as desired, without sugar
7 p.m.	.. Rice 1 oz (3 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Egg 1 Vegetables, a helping *(No yam or potato)* Greens, a helping

Daily allowance of oil in cooking .. $\frac{1}{4}$ oz.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 1 oz	15	2	..	68
Rice 2 ozs	46	4	..	200
Milk 16 ozs	22	14	16	288
Curds 3 ozs	4	2	2	42
Eggs 2	..	7	7	90
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Oil ¼ oz	..	..	7·5	67
	135	49	32·5	1033

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet without Eggs — 1000 Calories

Breakfast
- Bread 1 oz
- Fruit 1 portion
- Milk 6 ozs
- Tea or coffee as desired, without sugar

Mid-morning
- Milk 6 ozs
- Tea or coffee as desired, without sugar

Noon
- Rice 1 oz (3 ozs when cooked)
  or Bread 1¼ ozs
- Dhal 1 oz (3 ozs when cooked)
- Curds 3 ozs
- Vegetables, a helping *(No yam or potato)*
- Greens, a helping
- Pepper water, a small quantity, if desired

4 p.m.
- Milk 6 ozs
- Tea or coffee as desired, without sugar

7 p.m.
- Rice 1 oz (3 ozs when cooked)
  or Bread 1¼ ozs
  or Chappathi of 1 oz wheat flour
- Dhal 1 oz (3 ozs when cooked)
- Curds 3 ozs
- Vegetables, a helping *(No yam or potato)*
- Greens, a helping

Daily allowance of oil in cooking .. ¼ oz.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 1 oz	15	2	..	68
Rice 2 ozs	46	4	..	200
Curds 6 ozs	8	4	4	84
Milk 18 ozs	25	16	18	324
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Fruit 1 portion	10	..	..	40
Oil ¼ oz	..	..	7·5	67
	152	47	29·5	1061

For alternatives for use with weighed diets, see page 4.

European Non-Vegetarian Diet — 1000 Calories

Breakfast	Bread 2 ozs Butter ½ oz Eggs 2 Milk from daily allowance Tea or coffee as desired, without sugar
Mid-morning	Cup of meat or yeast extract *or* Tea or coffee with milk from daily allowance
Noon	Clear soup Mutton 3 ozs Vegetables, a helping (*No potato*) Greens or salad Fruit 1 portion
4 p.m.	Milk from daily allowance Tea or coffee as desired, without sugar
7 p.m.	Clear soup Mutton 2 ozs Potatoes 2 ozs Vegetables, a helping Greens, a helping Fruit 1 portion
9 p.m.	Milk from daily allowance if not previously taken

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Mutton 5 ozs	..	25	20	280
Milk 12 ozs	17	11	12	216
Eggs 2	..	7	7	90
Butter ½ oz	..	..	12	108
Vegetables 2 helpings	8	2	..	40
Greens or salad	8	4	..	48
Potatoes 2 ozs	12	2	..	56
Fruit 2 portions	20	..	..	80
	95	55	51	1054

For alternatives for use with weighed diets, see page 4.

Non-Vegetarian Diet — 1200 Calories

Breakfast	..Bread 2 ozs Egg 1 Milk 6 ozs Coffee or tea as desired, without sugar
Mid-morning	..Unsweetened lime juice *or* a small glass of buttermilk (making a corresponding reduction in amount of curds at mid-day)
Noon	..Rice 2 ozs (6 ozs when cooked) Mutton 2 ozs Curds 3 ozs Vegetables, a helping *(No yam or potato)* Greens, a helping Pepper water, small quantity if desired
4 p.m.	..Milk 4 ozs Coffee or tea as desired, without sugar Fruit 1 portion
7 p.m.	..Rice 2 ozs (6 ozs when cooked) Mutton 2 ozs Vegetables, a helping *(No yam or potato)* Greens, a helping

Daily allowance of oil in cooking .. ¼ oz.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 4 ozs	92	8	..	400
Milk 10 ozs	14	9	10	180
Mutton 4 ozs	..	20	16	224
Curds 3 ozs	4	2	2	42
Vegetables	8	2	..	40
Greens	8	4	..	48
Egg 1	..	3·5	3·5	45
Fruit 1 portion	10	..	..	40
Oil ¼ oz	..	..	7·5	67
	166	52·5	39	1222

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet with Eggs — 1200 Calories

Breakfast	..	Bread 2 ozs Egg 1 Milk 6 ozs Coffee or tea as desired, without sugar
Mid-morning	..	Unsweetened lime juice *or* a small glass of buttermilk (making a corresponding reduction in amount of curds at mid-day)
Noon	..	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables, a helping *(No yam or potato)* Greens, a helping Pepper water, a small quantity if desired
4 p.m.	..	Milk 4 ozs Coffee or tea as desired, without sugar Fruit 1 portion
7 p.m.	..	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Egg 1 Vegetables, a helping *(No yam or potato)* Greens, a helping

Daily allowance of oil in cooking .. $\frac{1}{4}$ oz.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 4 ozs	92	8	..	400
Milk 10 ozs	14	9	10	180
Curds 3 ozs	4	2	2	42
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Eggs 2	..	7	7	90
Dhal 2 ozs	32	14	..	190
Fruit 1 portion	10	..	..	40
Oil ¼ oz	..	..	7·5	67
	198	50	26·5	1233

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet without Eggs — 1200 Calories

Breakfast ..	Bread 2 ozs Milk 6 ozs Coffee or tea as desired, without sugar
Mid-morning ..	Milk 6 ozs
Noon ..	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables, a helping *(No yam or potato)* Greens, a helping Pepper water, small quantity if desired
4 p.m. ..	Milk 4 ozs Coffee or tea as desired, without sugar
7 p.m. ..	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Vegetables, a helping *(No yam or potato)* Greens, a helping Pepper water, a small quantity if desired

Daily allowance of oil in cooking .. $\frac{1}{4}$ oz.

If desired, unsweetened lime juice may be taken mid-morning, and milk 6 ozs. may then be taken before retiring at night.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 4 ozs	92	8	..	400
Milk 16 ozs	22	14	16	288
Curds 3 ozs	4	2	2	42
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Dhal 2 ozs	32	14	..	190
Oil ¼ oz	..	..	7·5	67
	196	48	25·5	1211

For alternatives for use with weighed diets, see page 4.

European Non-Vegetarian Diet — 1200 Calories

Breakfast	..	Bread 2 ozs Butter ¼ oz Egg 1 Milk 3 ozs Coffee or tea as desired, without sugar Fruit 1 portion
Mid-morning	..	Cup of meat or yeast extract *or* unsweetened lime juice
Noon	.	Clear soup or strained broth Mutton 3 ozs Potato 2 ozs Vegetables and greens or salad Fruit 1 portion
4 p.m.	..	Milk 2 ozs Tea or coffee as desired, without sugar Bread 2 ozs Butter ¼ oz
7 p.m.	..	Clear soup or strained broth Mutton 3 oz Potato 2 ozs Vegetables and greens or salad Custard of { milk 5 ozs egg 1 *no sugar*

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 4 ozs	60	8	..	272
Milk 10 ozs	14	9	10	180
Mutton 6 ozs	..	30	24	336
Egg 1	..	3.5	3.5	45
Butter ½ oz	..	..	12	108
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Potato 4 ozs	24	4	..	112
Fruit 2 portions	20	..	..	80
	134	60.5	49.5	1221

For alternatives for use with weighed diets, see page 4.

Non-Vegetarian Diet — 1500 Calories

Breakfast ..	Bread 2 ozs Egg 1 Milk 6 ozs Coffee or tea as desired, without sugar Fruit 1 portion
Mid-morning ..	Unsweetened lime juice *or* a small glass of buttermilk
Noon ..	Rice 3 ozs (9 ozs when cooked) Mutton 3 ozs Curds 3 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, small quantity if desired
4 p.m. ..	Milk 4 ozs Coffee or tea as desired, without sugar Fruit 1 portion
7 p.m. ..	Rice 2 ozs (6 ozs when cooked) Mutton 2 ozs Dhal 1 oz (3 ozs when cooked) Vegetables, a helping Greens, a helping

Daily allowance of oil in cooking .. $\frac{1}{4}$ oz

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 5 ozs	115	10	..	500
Milk 10 ozs	14	9	10	180
Curds 3 ozs	4	2	2	42
Mutton 5 ozs	..	25	20	280
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Egg 1	..	3.5	3.5	45
Fruit 2 portions	20	..	..	80
Dhal 1 oz	16	7	..	95
Oil ¼ oz	..	..	7.5	67
	215	66.5	43	1513

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet with Eggs — 1500 Calories

Breakfast	..	Bread 2 ozs Egg 1 Milk 8 ozs Coffee or tea as desired, without sugar Fruit 1 portion
Mid-morning	..	Unsweetened lime juice *or* a small glass of buttermilk
Noon	..	Rice 3 ozs (9 ozs when cooked) Egg 1 Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, small quantity if desired
4 p.m.	..	Milk 6 ozs Coffee or tea as desired, without sugar Fruit 1 portion
7 p.m.	..	Rice 2 ozs (6 ozs when cooked) Egg 1 Vegetables, a helping (*No yam or potato*) Greens, a helping Dhal 1 oz (3 ozs when cooked)

Daily allowance of oil in cooking .. ¼ oz

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 5 ozs	115	10	..	500
Milk 14 ozs	20	12	14	252
Curds 3 ozs	4	2	2	42
Eggs 3	..	10.5	10.5	135
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Dhal 2 ozs	32	14	..	190
Fruit 2 portions	20	..	..	80
Oil in cooking ¼ oz	..	..	7.5	67
	237	58.5	34	1490

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet without Eggs — 1500 Calories

Breakfast	..	Bread 2 ozs Milk 8 ozs Coffee or tea as desired, without sugar Fruit 1 portion
Mid-morning	..	Unsweetened lime juice *or* a small glass of buttermilk
Noon	..	Rice 3 ozs (9 ozs when cooked) Dhal 1½ ozs (4½ ozs when cooked) Curds 3 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, small quantity if desired
4 p.m.	..	Milk 8 ozs Coffee or tea as desired, without sugar Fruit 1 portion
7 p.m.	..	Rice 2 ozs (6 ozs when cooked) Dhal 1½ ozs (4½ ozs when cooked) Curds 3 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping

Daily allowance of oil in cooking .. ¼ oz

If desired, the quantities of milk at breakfast and 4 p.m. may be reduced in order to have milk before retiring at night.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 5 ozs	115	10	..	500
Dhal 3 ozs	48	21	..	285
Milk 16 ozs	22	15	16	288
Curds 6 ozs	8	4	4	84
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Fruit 2 portions	20	..	..	80
Oil in cooking ¼ oz	..	..	7·5	67
	259	60	27·5	1528

For alternatives for use with weighed diets, see page 4.

European Non-Vegetarian Diet — 1500 Calories

Breakfast	..	Milk 5 ozs Coffee or tea as desired, without sugar Bread 3 ozs *or* Bread 2 ozs and Porridge of ½ oz oatmeal Butter ½ oz Egg 1
Mid-morning	..	Cup of meat or yeast extract *or* unsweetened lime juice
Noon	..	Clear soup or strained vegetable soup Mutton 3 ozs Potato 2 ozs Vegetables and greens or salad Fruit 1 portion
4 p.m.	..	Bread 3 ozs Butter ½ oz Tomato or salad Milk 5 ozs Coffee or tea as desired, without sugar
7 p.m.	..	Clear soup or strained vegetable soup Mutton 3 ozs Potato 2 ozs Vegetables and greens or salad Fruit 1 portion

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 10 ozs	14	9	10	180
Bread 6 ozs	90	12	..	408
Potato 4 ozs	24	4	..	112
Egg 1	..	3.5	3.5	45
Mutton 6 ozs	..	30	24	336
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Butter 1 oz	..	..	24	216
Fruit 2 portions	20	..	..	80
Tomato 3 ozs	4.5	..	..	18
	168	64.5	61.5	1483

For alternatives for use with weighed diets, see page 4.

Non–Vegetarian Diet — 2000 Calories

Breakfast	..	Bread 2 ozs Egg 1 Coffee or tea as desired, without sugar Milk 8 ozs
Mid-morning	..	Milk 6 ozs
Noon	..	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Mutton 3 ozs Curds 3 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, a small quantity if desired
4 p.m.	..	Milk 8 ozs Coffee or tea as desired, without sugar Fruit 1 portion
7 p.m.	..	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Mutton 2 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping
9 p.m.	..	Milk 8 ozs

Daily allowance of oil in cooking .. ½ oz

SUMMARY OF DIET

	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Bread 2 ozs	30	4	..	136
Rice 5 ozs	115	10	..	500
Dhal 2 ozs	32	14	..	190
Mutton 5 ozs	..	25	20	280
Egg 1	..	3.5	3.5	45
Curds 3 ozs	4	2	2	42
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Fruit 1 portion	10	..	..	40
Oil in cooking ½ oz	..	..	15	135
	249	91	70	1996

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet with Eggs — 2000 Calories

Breakfast	..	Bread 2 oz Eggs 2 Milk 8 ozs Coffee or tea as desired, without sugar Fruit 1 portion
Mid-morning	..	Milk 6 ozs
Noon	..	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, a small quantity if desired
4 p.m.	..	Milk 8 ozs Coffee or tea as desired, without sugar Fruit 1 portion
7 p.m.	..	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Egg 1 Vegetables, a helping (*No yam or potato*) Greens, a helping
9 p.m.	..	Milk 8 ozs

Daily allowance of oil in cooking .. 1 oz
or $\frac{1}{2}$ oz in cooking and
$\frac{1}{2}$ oz added butter or ghee

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Bread 2 ozs	30	4	..	136
Rice 5 ozs	115	10	..	500
Dhal 2 ozs	32	14	..	190
Eggs 3	..	10.5	10.5	135
Curds 3 ozs	4	2	2	42
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Fruit 2 portions	20	..	..	80
Oil in cooking 1 oz	..	..	30	270
	259	73	72.5	1981

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet without Eggs — 2000 Calories

Breakfast	..	Bread 2 ozs Milk 8 ozs; 1 plantain Coffee or tea as desired, without sugar
Mid-morning	..	Milk 6 ozs
Noon	..	Rice 3 ozs (9 ozs when cooked) Dhal 1½ ozs (4½ ozs when cooked) Curds 3 ozs Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, a small quantity if desired
4 p.m.	..	Milk 8 ozs Coffee or tea as desired, without sugar Plantain 1
7 p.m.	..	Rice 2 ozs (6 ozs when cooked) Dhal 1½ ozs (4½ ozs when cooked) Vegetables, a helping (*No yam or potato*) Greens, a helping
9 p.m.	..	Milk 8 ozs

Daily allowance of oil in cooking .. 1 oz.
or ½ oz in cooking and
½ oz added butter or ghee

SUMMARY OF DIET

	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Bread 2 ozs	30	4	..	136
Rice 5 ozs	115	10	..	500
Curds 3 ozs	4	2	2	42
Dhal 3 ozs	48	21	..	285
Plantains 2	36	2	..	152
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Oil in cooking 1 oz	..	..	30	270
	291	72	62	2013

For alternatives for use with weighed diets, see page 4.

European Non-Vegetarian Diet 2000 Calories

Breakfast	..	Milk 6 ozs Tea or coffee as desired, without sugar Bread 3 ozs *or* Bread 2 ozs and porridge of ½ oz oatmeal Butter ½ oz Egg 1; Plantain 1
Mid-morning	..	Cup of meat or yeast extract *or* unsweetened lime juice
Noon	..	Clear soup or strained vegetable soup Mutton 3 ozs Potatoes 4 ozs Vegetables; Greens or salad Milk 5 ozs Fruit 1 portion
4 p.m.	..	Bread 2 ozs Butter ½ oz Egg 1 or 1/3 oz cheese Milk 4 ozs Tea or coffee without sugar
7 p.m.	..	Clear soup or strained vegetable soup Mutton 3 ozs Potatoes 4 ozs Vegetables; Greens or salad Milk 5 ozs Fruit 1 portion
9 p.m.	..	Milk 8 ozs

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 28 ozs	39	25	28	504
Bread 5 ozs	75	10	..	340
Potato 8 ozs	48	8	..	224
Eggs 2	..	7	7	90
Mutton 6 ozs	..	30	24	336
Vegetables 2 helpings	8	2	..	40
Greens or Salad 2 helpings	8	4	..	48
Butter 1 oz	..	..	24	216
Fruit 2 portions	20	..	..	80
Plantain 1	18	1	..	76
	216	87	83	1954

For alternatives for use with weighed diets, see page 4.

Non-Vegetarian Diet — 2500 Calories

6 a.m.	..	Milk 6 ozs
Breakfast	..	Milk 6 ozs Coffee or tea as desired, without sugar Bread 2 ozs; Butter ½ oz Egg 1; Plantain 1
Mid-morning	..	Milk 6 ozs Coffee or tea as desired, without sugar
Noon	..	Rice 3 ozs (9 ozs when cooked) Mutton 3 ozs Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables; Greens (*No yam or potato*) Pepper water, a small quantity if desired
4 p.m.	..	Milk 6 ozs Tea or coffee as desired, without sugar Bread 1 oz; Butter ½ oz Egg 1; Fruit 1 portion
7 p.m.	..	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Mutton 3 ozs Vegetables; Greens (*No yam or potato*)
9 p.m.	..	Milk 6 ozs Fruit 1 portion

Daily allowance of oil in cooking .. ½ oz.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Eggs 2	..	7	7	90
Curds 3 ozs	4	2	2	42
Bread 3 ozs	45	6	..	204
Butter 1 oz	..	..	24	216
Dhal 2 ozs	32	14	..	190
Mutton 6 ozs	..	30	24	336
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Rice 5 ozs	115	10	..	500
Plantain 1	18	1	..	76
Other fruit, 2 portions	20	..	..	80
Oil in cooking ½ oz	..	..	15	135
	292	103	102	2407

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet with Eggs — 2500 Calories

6 a.m.	..	Milk 8 ozs
Breakfast	..	Milk 8 ozs Coffee or tea as desired, without sugar Bread 2 ozs; Butter ½ oz Egg 1; Plantain 1
Mid-morning	..	Milk 8 ozs
Noon	..	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables; Greens (*No yam or potato*) Pepper water, a small quantity if desired Fruit 1 portion
4 p.m.	..	Milk 8 ozs Coffee or tea as desired, without sugar Bread 1 oz; Butter ¼ oz Egg 1
7 p.m.	..	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Vegetables; Greens (*No yam or potato*) Fruit 1 portion
9 p.m.	..	Milk 8 ozs

Daily allowance of oil in cooking .. 1 oz.
or ½ oz in cooking and
½ oz added ghee or butter

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 40 ozs	56	36	40	720
Eggs 2	..	7	7	90
Curds 3 ozs	4	2	2	42
Bread 3 ozs	45	6	..	204
Butter ¾ oz	..	..	18	162
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Rice 6 ozs	138	1½	..	600
Plantain 1	18	1	..	76
Other fruit, 2 portions	20	..	..	80
Oil in cooking 1 oz	..	..	30	270
	329	84	97	2522

For alternatives for use with weighed diets, see page 4.

Vegetarian Diet without Eggs — 2500 Calories

6 a.m.	..	Milk 8 ozs
Breakfast	..	Milk 8 ozs Coffee or tea as desired, without sugar Bread 2 ozs; Butter ½ oz. Plantain 1
Mid-morning	..	Milk 8 ozs
Noon	..	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables; Greens (*No yam or potato*) Fruit 1 portion
4 p.m.	..	Milk 8 ozs Coffee or tea as desired, without sugar Bread 1 oz; Butter ¼ oz Plantain 1
7 p.m	..	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Vegetables; Greens (*No yam or potato*) Fruit 1 portion
9 p.m.	..	Milk 8 ozs

Daily allowance of oil in cooking .. 1 oz
or ½ oz in cooking and
½ oz added butter or ghee

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 40 ozs	56	36	40	720
Curds 3 ozs	4	2	2	42
Bread 3 ozs	45	6	..	204
Butter ¾ oz	..	..	18	162
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Rice 6 ozs	138	12	..	600
Plantains 2	36	2	..	152
Other fruit, 2 portions	20	..	..	80
Oil in cooking 1 oz	..	..	30	270
	347	78	90	2508

For alternatives for use with weighed diets, see page 4.

European Non-Vegetarian Diet — 2500 Calories

Breakfast	..	Milk 8 ozs Coffee or tea without sugar Bread 3 ozs *or* Bread 2 ozs and Porridge of ½ oz oatmeal Butter ½ oz Egg 1; Plantain 1
Mid-morning	..	Milk 6 ozs; plain biscuits ½ oz
Noon	..	Mutton 3 ozs Potatoes 6 ozs Vegetables; Greens Pudding of Milk 6 ozs with ½ oz cereal Fruit 1 portion
4 p.m.	..	Bread 2 ozs; Butter ½ oz Egg 1 or 1/3 oz cheese Milk 6 ozs Coffee or tea as desired without sugar
7 p.m.	..	Mutton 3 ozs Potatoes 6 ozs Vegetables; Greens or salad Custard of Milk 6 ozs and egg 1 Fruit 1 portion
9 p.m.	..	Milk 8 ozs; Plain biscuits ½ oz

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 40 ozs	56	36	40	720
Bread 5 ozs	75	10	..	340
Potatoes 12 ozs	72	12	..	336
Eggs 3	..	10.5	10.5	135
Mutton 6 ozs	..	30	24	336
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Butter 1 oz	..	..	24	216
Plain biscuits 1 oz	20	5	3	127
Plantain 1	18	1	..	76
Other fruit, 2 portions	20	..	..	80
Pudding cereal ½ oz	11	2	..	50
	288	112	101	2504

For alternatives for use with weighed diets, see page 4.

LIQUID DIETS

Suitable for:—

Post-operative Diabetes mellitus
Intra-gastric and jejunostomy feeding
Constriction of oesophagus due to carcinoma or burns
Fevers
Acute diarrhoea

Quantities are given for diets of varying Calorie value.

If food is taken *by mouth:*

Wheat Flour, or the equivalent dry weight of other cereal may be given as thin conjee or gruel. This should be carefully strained in cases of constriction of the oesophagus and diarrhoea. If butter is prescribed, this may be added during the cooking.

Skimmed milk powder may be reconstituted with water or beaten into fresh milk. Tea, coffee or cocoa may be added as flavouring unless contra-indicated.

Eggs may be given as egg flip.

Fruit juice should be prepared freshly as required and carefully strained in cases of constriction of oesophagus and diarrhoea.

If food is required for *tube-feeding,* milk feeds may be prepared using proportionate quantities of the foods prescribed.

Method of preparation of milk feeds

Mix wheat flour with cold water to a thin paste. Boil the milk and add it to the wheat paste, stirring continually, then return it to the fire and cook for two minutes, stirring all the time. Add butter, if prescribed, and stir until melted and well mixed. Cool to near body temperature and beat in egg, skimmed milk powder, sugar and salt. Dilute if necessary to consistency which will pass the tube, strain, and administer at body temperature.

If, using wheat flour, the mixture is found to be too thick to pass the tube, skimmed milk powder may be substituted, using the same dry weight. This will mean a decrease in the carbohydrate value of the total diet, but an increase in the protein value.

Liquid Diet — 1000 Calories

SUMMARY OF DIET	gms C	gms P	gms F	Cals.
Oranges 6 (juice only)	60	..	..	240
Sugar 4 ozs	120	..	..	480
Milk 16 ozs	22	14	16	288
	202	14	16	1008

Additional fluid as water or barley water may be used as desired unless there is need for fluid restriction.

Liquid Diet — 1200 Calories

Quantities are the same as for the Liquid Diet 1000 Calories, with the addition of *one* of the following:—

Milk 10 ozs .. giving additional 9 gms protein
Milk 6 ozs and eggs 2 .. giving additional 12 gms protein
Skimmed milk powder 2 ozs giving additional 20 gms protein

Liquid Diet — 1500 Calories

SUMMARY OF DIET	gms C	gms P	gms F	Cals.
Oranges 6 (juice only)	60	..	..	240
Sugar 2 ozs	60	..	..	240
Milk 30 ozs	42	27	30	540
Wheat flour 1½ ozs	33	4	..	150
Eggs 3	..	10.5	10.5	135
Skimmed milk powder 2 ozs	30	20	..	200
	225	61.5	40.5	1505

IF REQUIRED FOR TUBE-FEEDING, administer as follows:

Four feeds each consisting of:
Milk 7½ ozs
Skimmed milk powder ½ oz.
Wheat flour ½ oz (in each of three feeds)
Egg 1 (in each of three feeds)
Sugar ½ oz
Salt ¼ level teaspoon (unless salt is restricted)

Orange juice and remainder of sugar should be given between the milk feeds during the day, with additional fluid (water or barley water) as desired.

Liquid Diet — 2000 Calories

SUMMARY OF DIET	gms C	gms P	gms F	Cals.
Oranges 6 (juice only)	60	..	..	240
Milk 40 ozs	56	36	40	720
Wheat flour $2\frac{1}{2}$ ozs	55	7	..	250
Eggs 3	..	10.5	10.5	135
Skimmed milk powder $2\frac{1}{2}$ ozs	37	25	..	250
Sugar $3\frac{1}{2}$ ozs	105	..	..	420
	313	78.5	50.5	2015

IF REQUIRED FOR TUBE-FEEDING, administer as follows:

Five feeds each consisting of:

Milk 8 ozs
Wheat flour $\frac{1}{2}$ oz
Skimmed milk powder $\frac{1}{2}$ oz
Egg 1 (in each of three feeds)
Sugar $\frac{1}{2}$ oz
Salt, $\frac{1}{4}$ level teaspoon (unless salt is restricted)

Orange juice and remainder of sugar should be given between the milk feeds during the day, with additional fluid (water or barley water) as desired.

Liquid Diet — 2500 Calories

SUMMARY OF DIET	gms C	gms P	gms F	Cals.
Milk 40 ozs	56	36	40	720
Wheat flour $2\frac{1}{2}$ ozs	57	7	..	250
Eggs 3	..	10.5	10.5	135
Skimmed milk powder $3\frac{3}{4}$ ozs	56	37	..	375
Sugar 4 ozs	120	..	..	480
Oranges 3 (juice only)	30	..	..	120
Butter 2 ozs	..	..	48	432
	319	90.5	98.5	2512

IF REQUIRED FOR TUBE-FEEDING, administer as follows:

Five feeds each consisting of:

Milk 8 ozs
Wheat flour $\frac{1}{2}$ oz
Egg 1 (in each of three feeds)
Skimmed milk powder $\frac{3}{4}$ oz
Sugar $\frac{1}{2}$ oz
Butter $\frac{1}{2}$ oz (in each of four feeds)
Salt, $\frac{1}{4}$ level teaspoon (unless salt is restricted)

Orange juice and sugar should be given between milk feeds.

Liquid Diet — 3000 Calories

SUMMARY OF DIET	gms C	gms P	gms F	Cals.
Milk 40 ozs	56	36	40	720
Wheat flour 3 ozs	66	9	..	300
Eggs 3	..	10.5	10.5	135
Skimmed milk powder 6 ozs	90	60	..	600
Sugar 4 ozs	120	..	..	480
Oranges 3 (juice only)	30	..	..	120
Butter 3 ozs	..	..	72	648
	362	115	122	3003

IF REQUIRED FOR TUBE-FEEDING, administer as follows:

Six feeds each consisting of:

Milk $6\frac{1}{2}$ ozs
Wheat flour $\frac{1}{2}$ oz
Egg 1 (in each of three feeds)
Skimmed milk powder 1 oz
Sugar $\frac{1}{2}$ oz
Butter $\frac{1}{2}$ oz
Salt, $\frac{1}{4}$ level teaspoon (unless salt is restricted)

Orange juice and remainder of sugar should be given between the milk feeds during the day, with additional fluid (water or barley water) as desired.

For Method of Preparation of Milk Feeds, see page 26.

Plan for Jejunostomy Feeding

In the absence of peptonising agents, the scheme outlined below may be used for jejunostomy feeding.

For the first two days, diluted milk and diluted orange juice should be given alternately every 1 or 2 hours, preferably by continuous drip. Concentration of milk feeds may then be gradually increased with the addition of skimmed milk powder and eggs, and the rate at which the food is allowed to enter the jejunum may also be increased so long as no discomfort is caused.

Total fluid may be given as desired, but a minimum of 70 ozs should be given with the full diet as on day 12.

Concentration of sugar in any feed should not exceed 10%.

Medicines to be given by jejunostomy should be mixed with 3–4 ozs of a milk feed and administered at the same rate as a milk feed.

Day	Skimmed milk ozs.	Whole milk ozs.	orange juice ozs.	sugar ozs.	sk. milk powder ozs.	eggs
1	4 × 2 ozs	...	8	2	...	...
2	2 × 2 ozs	2 × 2 ozs	8	2	...	...
3	2 × 4 ozs	2 × 4 ozs	8	2	2	...
4	...	4 × 4 ozs	8	2	2	...
5	...	4 × 4 ozs	8	2	3	1
6	...	4 × 4 ozs	8	2	4	2
7	...	4 × 4 ozs	8 or 4	2	6	3
8	...	4 × 4 ozs	,,	3	8	4
9	...	4 × 4 ozs	,,	3	10	4
10	...	4 × 4 ozs	,,	3	12	4
11	...	4 × 4 ozs	,,	3	14	4
12 and onwards		4 × 4 ozs	,,	3½	15	4

SUMMARY OF FOOD VALUE ON DAY 12

	gms C	gms P	gms F	Cals
Whole milk 16 ozs	22	15	16	288
Sugar 3 1/2 ozs	105	..	..	420
Skimmed milk powder 15 ozs	225	150	..	1500
Eggs 1	..	14	14	180
	352	179	30	2388

CIRRHOSIS DIETS

Cirrhosis diets are of two types, according to whether it is considered advisable to treat the patient with a high protein diet from the beginning, or with restricted protein.

Dietary instructions are given on the assumption that it is necessary to restrict fat and salt due to jaundice and ascites. If these restrictions are not necessary in treating the individual patient, salt may be added in cooking, and fat allowed in cooking and in whole milk with the consequent increase in total Calories or adjustment of Calorie value by reduction of the amount of sugar.

Large quantities of food may not be acceptable to a patient suffering from ascites, and it may be necessary to give food in smaller quantities at more frequent intervals than indicated in the diet plan. Values for vegetables and greens are calculated on 4 oz portions of each per day but these need not be given in the early stages of treatment if reduction of the total bulk of food is required and adequate mineral and vitamin intake is ensured in some other way. A few drops of lime juice added to food after serving, improve the palatability of a low salt diet.

Alternatives for use with weighed diets, listed on page 4 apply also to cirrhosis diets.

Fat-Free and Salt-Free in Cooking

Breakfast	Skimmed milk 6 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Bread 2 ozs Egg 1; Orange 1
Mid-morning	Plantains 2, mashed and mixed with Skimmed milk powder 2 ozs
Noon	Rice 3 ozs (9 ozs when cooked) Mutton 2 ozs Dhal 1 oz (3 ozs when cooked) Vegetables; Greens Curds 3 ozs, prepared from skimmed milk
4 p.m.	Skimmed milk 6 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Plantains 2, mashed and mixed with Skimmed milk powder 2 ozs
7 p.m.	Rice 3 ozs (9 ozs when cooked) Egg 1 Vegetables; Greens Curds 3 ozs, prepared from skimmed milk
9 p.m.	Skimmed milk 8 ozs

Daily allowance of sugar or jaggery .. 1½ ozs

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Skimmed milk 20 ozs	30	20	..	200
Skimmed milk curds 6 ozs	8	4	..	48
Skimmed milk powder 4 ozs	60	40	..	400
Plantains 4	72	4	..	304
Bread 2 ozs	30	4	..	136
Rice 6 ozs	138	12	..	600
Dhal 1 oz	16	7	..	95
Mutton 2 ozs	..	16	8	112
Eggs 2	..	7	7	90
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Sugar or jaggery 1½ ozs	45	..	..	180
Orange 1	10	..	..	40
	425	114	15	2293

If fat is allowed in the diet, liquid milk may be given as whole milk and ½ oz oil allowed in cooking, increasing the total fat by 35 gms and Calories by 315.

CIRRHOSIS DIET : LOW FAT, HIGH PROTEIN VEGETARIAN WITH EGGS

Fat-Free and Salt-Free in Cooking

Breakfast	Skimmed milk 6 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Bread 2 ozs Egg 1; Orange 1
Mid-morning	Plantains 2, mashed and mixed with Skimmed milk powder 2 ozs
Noon	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Vegetables; Greens Curds 3 ozs, prepared from skimmed milk
4 p.m.	Skimmed milk 6 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Plantains 2, mashed and mixed with Skimmed milk powder 2 ozs
7 p.m.	Rice 3 ozs (9 ozs when cooked) Egg 1 Vegetables; Greens Curds 3 ozs, prepared from skimmed milk
9 p.m.	Skimmed milk 8 ozs

Daily allowance of sugar or jaggery .. 1½ ozs

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Skimmed milk 20 ozs	30	20	..	200
Skimmed milk curds 6 ozs	8	4	..	48
Skimmed milk powder 4 ozs	60	40	..	400
Plantains 4	72	4	..	304
Bread 2 ozs	30	4	..	136
Rice 6 ozs	138	12	..	600
Dhal 1 oz	16	7	..	95
Eggs 2	..	7	7	90
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Sugar 1½ ozs	45	..	..	180
Orange 1	10	..	..	40
	425	104	7	2181

If fat is allowed in the diet, liquid milk may be given as whole milk and ½ oz oil allowed in cooking, increasing the total fat by 35 gms and Calories by 315.

CIRRHOSIS DIET: LOW FAT, HIGH PROTEIN VEGETARIAN WITHOUT EGGS

Fat-Free and Salt-Free in Cooking

Breakfast	Skimmed milk 8 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Bread 2 ozs Orange 1
Mid-morning	Skimmed milk 8 ozs Plantains 2, mashed and mixed with Skimmed milk powder 2 ozs
Noon	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Vegetables; Greens Curds 3 ozs, prepared from skimmed milk
4 p.m.	Skimmed milk 6 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Plantains 2, mashed and mixed with Skimmed milk powder 2 ozs
7 p.m.	Rice 3 ozs (9 ozs when cooked) Vegetables; Greens Curds 3 ozs, prepared from skimmed milk
9 p.m.	Skimmed milk 8 ozs

Daily allowance of sugar or jaggery .. 1½ ozs

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Skimmed milk 30 ozs	45	30	..	300
Skimmed milk curds 6 ozs	8	4	..	48
Skimmed milk powder 4 ozs	60	40	..	400
Plantains 4	72	4	..	304
Bread 2 ozs	30	4	..	136
Rice 6 ozs	138	12	..	600
Dhal 1 oz	16	7	..	95
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Sugar 1½ ozs	45	..	..	180
Orange 1	10	..	..	40
	440	107	..	2191

If fat is allowed in the diet, liquid milk may be given as whole milk and ½ oz oil allowed in cooking, increasing the total fat by 45 gms and Calories by 405.

CIRRHOSIS DIET: LOW FAT, HIGH PROTEIN-LIQUID

SUMMARY OF DIET

	gms C	gms P	gms F	Cals
Skimmed milk 30 ozs	45	30	..	300
Skimmed milk powder 3 ozs	45	30	..	300
Eggs 3	..	10.5	10.5	135
Oranges 3 (juice only)	30	..	..	120
Sugar 3 ozs	90	..	..	360
Jaggery 3 ozs	90	..	..	360
Wheat flour 3 ozs	66	9	..	300
	366	79.5	10.5	1875

Eggs may be given lightly boiled or as egg flip.

Wheat flour, or other cereal of the same weight may be given as conjee.

Skimmed milk powder may be added to liquid milk, or egg flip or conjee, or taken reconstituted and flavoured with tea or coffee.

CIRRHOSIS DIET: LOW FAT, 50 gms PROTEIN. NON-VEGETARIAN

Fat-Free and Salt-Free in Cooking 1500 Calories

Breakfast	Skimmed milk 6 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Bread 2 ozs Plantain 1
Mid-morning	Lime juice with sugar
Noon	Rice 3 ozs (9 ozs when cooked) Mutton 2 ozs Curds 3 ozs, prepared from skimmed milk Vegetables; Greens
4 p.m.	Skimmed milk 4 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Fruit 1 portion
7 p.m.	Rice 3 ozs (9 ozs when cooked) Mutton 1 oz *or* Dhal $\frac{1}{2}$ oz ($1\frac{1}{2}$ ozs when cooked) Vegetables; Greens
9 p.m.	Lime juice with sugar
Daily allowances:	Limes 3 Sugar 1 oz Jaggery 1 oz

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 6 ozs	138	12	..	600
Skimmed milk 10 ozs	15	10	..	100
Skimmed milk curds 3 ozs	4	2	..	24
Mutton 3 ozs	..	15	12	168
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Plantain 1	18	1	..	76
Limes 3	10	.	..	40
Other fruit 1 portion	10	..	..	40
Sugar and jaggery 2 ozs	60	..	..	240
	301	50	12	1512

If fat is allowed in the diet, liquid milk may be given as whole milk and a very little oil allowed in cooking, but the total quantity of sugar and jaggery must be reduced to *one* ounce.

CIRRHOSIS DIET: LOW FAT, 50 gms PROTEIN

VEGETARIAN

Fat-Free and Salt-Free in Cooking — 1500 Calories

Breakfast	Skimmed milk 6 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Bread 2 ozs Plantain 1
Mid-morning	Lime juice with sugar
Noon	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs, prepared from skimmed milk Vegetables; Greens
4 p.m.	Skimmed milk 4 ozs Coffee or tea as desired Sugar or jaggery from daily allowance Fruit 1 portion
7 p.m.	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs, prepared from skimmed milk Vegetables; Greens
9 p.m.	Lime juice with sugar
Daily allowances:	Limes 3 Sugar 1 oz Jaggery ½ oz

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Bread 2 ozs	30	4	..	136
Rice 6 ozs	138	12	..	600
Skimmed milk 10 ozs	15	10	..	100
Skimmed milk curds 6 ozs	8	4	..	48
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Plantain 1	18	1	..	76
Limes 3	10	..	..	40
Other fruit 1 portion	10	..	..	40
Sugar and jaggery 1½ ozs	45	..	..	180
	322	51	..	1498

If fat is allowed in the diet, liquid milk may be given as whole milk and a very little oil allowed in cooking, but the total quantity of sugar and jaggery must be reduced to *half* ounce.

CIRRHOSIS DIET. LOW FAT, 50 gms PROTEIN, LIQUID

Fat-Free and Salt-Free in Preparation, 1500 Calories

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Oranges 6 (juice only)	60	..	..	240
Skimmed milk 40 ozs	60	40	..	400
Eggs 2	..	7	7	90
Wheat flour 1½ ozs	33	4	..	150
Sugar or jaggery 5 ozs	150	..	..	600
	303	51	7	1480

Eggs may be given lightly boiled or as egg flip.

Wheat flour, or other cereal of the same weight may be given as conjee.

If fat is allowed in the diet, liquid milk may be given as whole milk and one additional egg allowed, but the total quantity of sugar and jaggery must be reduced to *two* ounces.

LOW PROTEIN DIETS

Suitable for:

Acute nephritis (later stages)
Chronic nephritis with uraemia
Gradual heart failure
Hypertension.

General Instructions on Low Protein Diets

IF *PROTEIN* ALONE IS RESTRICTED:

Normal amounts of all foods may be taken, according to appetite, except for the following:

1. Meat, fish, eggs, liver and other flesh foods.
2. Milk in excess of the daily allowance, and milk products, i.e., cheese, curds, buttermilk, malted milk preparations.
3. Peas, beans, pulses (dhal), which may be taken only occasionally, in small amounts.
4. Nuts of all kinds.

IF *SALT* ALSO IS RESTRICTED:

In addition to foods listed above, no salt should be used in cooking, nor should it be added to food after cooking. Butter, if used, should be salt free.

IF *FAT* ALSO IS RESTRICTED:

Oil or fat or ghee should not be used in cooking, and the following foods should be excluded from the diet:

1. Butter, margarine, cream.
2. All fried foods.
3. Cakes, pastries, palaharams; rich biscuits such as Rich Tea Biscuits, Digestive Biscuits, Sweet Biscuits and Cream Crackers.
4. All sweets containing fat and nuts.

FOODS ALLOWED WITHOUT SPECIAL RESTRICTION

1. Arrowroot, cornflour, rice, tapioca, sago.
2. Any fruit, raw, tinned, stewed or as fruit salad.
3. All vegetables and salads provided pulses and nuts are not added during preparation.
4. Sugar, jaggery, plain boiled sweets.
5. Plain biscuits, such as Marie, Osborne, Ryvita and Water Biscuits.

Low Protein Diet — Indian

Approximately 40 gms protein

Breakfast	Milk 5 ozs Coffee or tea as desired, with sugar Bread 2 ozs, or iddly with chutney Jam and butter if desired Fruit 1 portion
Mid-morning	Fruit juice with sugar or jaggery
Noon	Rice Vegetables and greens Chutney or pickle, if desired Buttermilk, prepared from 1 oz curds Fruit 1 portion
4 p.m.	Milk 2 ozs Coffee or tea as desired, with sugar Bread 1 oz, or plain biscuits Butter Fruit
7 p.m.	Rice or chappathi Vegetables and greens Fruit

For notes on low protein diets, see page 39.

Low Protein Diet — European

Approximately 40 gms of protein

Breakfast	Milk 5 ozs Coffee or tea as desired Sugar Bread or toast 2 ozs Butter and marmalade or jam Fruit
Mid-morning	Fruit juice with sugar *or* Yeast and vegetable extract
Noon	Clear soup or vegetable soup Vegetables and salads Cereal puddings without milk Fruit
Tea	Milk 2 ozs with tea Bread and butter Jam or honey Fruit
Dinner	Clear soup or vegetable soup Vegetables and salads Cereal puddings without milk Jelly Fruit

For notes on low protein diets, see page 39.

Kempner's Rice Diet for Hypertension

The strict Kempner's Diet is composed of rice, sugar and fruit only. The Calorie value should be at least 2000 Cals. per day made up as follows:—

Protein	.. approximately 20 gms	from rice,
Fat	.. approximately 5 gms	fruit
Carbohydrate	.. approximately 470 gms	and
Sodium	.. not more than 150 mgm	sugar
Chlorine	.. not more than 200 mgm	only

This is supplied by: Rice 9 ozs (dry weight). Sugar 5½ ozs. Fruit 9 portions (see list on page 4).

N.B.—Not more than one portion of plantain should be taken in any one day.

Rice (raw or parboiled) should be steamed or boiled in water or fruit juice. No salt or fat may be added during cooking.

Fruit may be eaten raw, or stewed with sugar only, or as juice.

Free fluid should be limited to 35—40 ozs per day.

Vitamin supplements other than Vitamin C should be given at the discretion of the physician.

If a Calorie value higher than 2000 Cals. is required, quantities of rice, fruit and sugar may be increased.

A less strict diet which is more palatable for Indian patients but which gives approximately 25 gms of protein per day allows the following:—

Vegetables prepared with seasonings other than salt.
Fried seasonings if additional fat is allowed.
Jam instead of some of the fruit and sugar.
Weak clear tea and black coffee.
Small quantities of bread instead of some of the rice.
1—2 ozs of curds as buttermilk.

Daily Meal Plan

8 a.m.	Rice 2 ozs (6 ozs when cooked) or Bread 2 ozs Fruit, sugar, Jam, tea or coffee if allowed
10 a.m.	Fruit juice with sugar
Noon	Rice 3 ozs (9 ozs when cooked) Fruit, sugar, vegetables and buttermilk if allowed.
4 p.m.	Rice 1 oz (3 ozs when cooked) or Bread 1 oz Fruit, sugar, Jam, tea or coffee, if allowed.
7 p.m.	Rice 3 ozs (9 ozs when cooked) Fruit, sugar, Vegetables and buttermilk if allowed.
9 p.m.	Fruit or fruit juice and sugar.

DIETS FOR HYPERTENSION ASSOCIATED WITH ATHEROSCLEROSIS

In conditions of hypertension associated with atherosclerosis, investigations indicate that the diet should be restricted in foods containing cholesterol, and that the total fat content should not exceed 20 gms, much of which should come from vegetable oils containing a high proportion of essential unsaturated fatty acids.

The reduction in total fat content involves a reduction in the quantity of flesh foods in non-vegetarian diets, the use of skimmed milk instead of whole milk, and the strict limitation of oil used in cooking.

Cholesterol-containing foods, as on page 63, should be eliminated from the diet with the possible exception of one egg per day. Flesh foods permitted are mutton, chicken and fish.

COOKING OIL

Ideally, oil used in cooking should be linseed oil, or oil obtained from the germ of cereals, but as these are rarely available, groundnut oil or gingelly oil should be used. Fats and oils not permitted for use in cooking are butter, ghee, dripping, margarine and coconut oil.

MILK PREPARED FROM SKIMMED MILK POWDER

One half ounce of skimmed milk powder may be mixed with 3 ozs water for making curds, and the remainder of the daily allowance should be mixed with water in the approximate proportion of 1 oz. of milk powder to 6 ozs. water for use as liquid milk.

Hand skimming of fresh milk does not reduce the fat content of the diet as satisfactorily as the use of skimmed milk powder, bearing in mind also the necessity for maintaining an adequate protein intake.

CEREALS

Owing to the presence of the essential fatty acids in wheat germ oil, it is advisable that wheat preparations should be used in at least one of the main meals of the day, rather than using rice exclusively.

VEGETARIAN DIETS

The vegetarian diets given may be with or without eggs. If egg is not required, an additional portion of fruit may be allowed instead of the egg. If butter is desired with bread, $\frac{1}{4}$ oz. butter may be allowed by reducing the quantity of cereal at one meal by $\frac{1}{2}$ oz.

Non-Vegetarian Diet — 1000 Calories

Breakfast	Bread 1 oz Egg 1 Milk prepared from daily allowance of skimmed milk powder Coffee or tea, without sugar
Mid-morning	Unsweetened lime juice, if desired
Noon	Rice 2 ozs (6 ozs when cooked) Mutton, or fish, or chicken 2 ozs Curds of skimmed milk Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, strained and skimmed of fat, if desired.
4 p.m.	Skimmed milk Coffee or tea, without sugar Fruit 1 portion
7 p.m.	Wheat 2 ozs as dry chappathi, or wheat rice Vegetables, a helping (*No yam or potato*) Greens, a helping

Daily allowance of oil in cooking .. $\frac{1}{4}$ oz
Skimmed milk powder .. 2 ozs.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Skimmed milk powder 2 ozs	30	20	..	200
Mutton 2 ozs	..	10	8	112
Egg 1	..	3.5	3.5	45
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Bread 1 oz	15	2	..	68
Rice 2 ozs	46	4	..	200
Wheat 2 ozs	44	6	..	200
Fruit 1 portion	10	..	..	40
Oil in cooking ¼ oz	..	..	7.5	67
	161	51.5	19	1020

Vegetarian Diet, with or without Egg

1000 Calories

Breakfast	Bread 1 oz Fruit 1 portion, or Egg 1 Skimmed milk prepared from daily allowance of skimmed milk powder Coffee or tea, without sugar
Mid-morning	Unsweetened lime juice, if desired
Noon	Rice 2 ozs (6 ozs when cooked) Curds of skimmed milk Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, strained and skimmed of fat, if desired.
4 p.m.	Skimmed milk Coffee or tea without sugar Fruit 1 portion
7 p.m.	Wheat 2 ozs. as dry chappathi or wheat rice Vegetables, a helping (*No yam or potato*) Greens, a helping

Daily allowance of oil in cooking .. $\frac{1}{4}$ oz.
Skimmed milk powder 3 ozs.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Skimmed milk powder 3 ozs	45	30	..	300
Egg 1	..	3.5	3.5	45
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Bread 1 oz	15	2	..	68
Rice 2 ozs	46	4	..	200
Wheat 2 ozs	44	6	..	200
Fruit 1 portion	10	..	..	40
Oil in cooking ¼ oz	..	..	7.5	67
	176	51.5	11.0	1008

Non-Vegetarian Diet — 1200 Calories

Breakfast	Bread 2 ozs Egg 1 Fruit 1 portion Skimmed milk prepared from daily allowance of skimmed milk powder Coffee or tea, without sugar
Mid-morning	Unsweetened lime juice, if desired
Noon	Rice 3 ozs (9 ozs when cooked) Mutton, or fish, or chicken 2 ozs Curds of skimmed milk Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, strained and skimmed of fat, if desired
4 p.m.	Skimmed milk Coffee or tea, without sugar Fruit 1 portion
7 p.m.	Wheat 2 ozs as dry chappathi or wheat rice Vegetables, a helping (*No yam or potato*) Greens, a helping

Daily allowance of oil in cooking .. $\frac{1}{4}$ oz.
Skimmed milk powder .. 2 ozs.

If desired, 1 oz sugar may be allowed instead of 1 oz rice.

SUMMARY OF DIET

	gms C	gms P	gms F	Cals
Skimmed milk powder 2 ozs	30	20	..	200
Mutton 2 ozs	..	10	8	112
Egg 1	..	3.5	3.5	45
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Bread 2 ozs	30	4	..	136
Rice 3 ozs	69	6	..	300
Wheat 2 ozs	44	6	..	200
Fruit 2 portions	20	..	..	80
Oil in cooking $\frac{1}{4}$ oz	..	..	7.5	67
	209	55.5	19	1228

Vegetarian Diet, with or without Egg

1200 Calories

Breakfast	Bread 1 oz Fruit 1 portion, or 1 Egg Skimmed milk prepared from daily allowance of skimmed milk powder Coffee or tea, without sugar
Mid-morning	Unsweetened lime juice, if desired
Noon	Rice 2 ozs (6 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds of skimmed milk Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, strained and skimmed of fat, if desired
4 p.m.	Skimmed milk Coffee or tea, without sugar Fruit 1 portion
7 p.m.	Wheat 2 ozs. as dry chappathi or wheat rice Vegetables, a helping (*No yam or potato*) Greens, a helping Fresh milk 6 ozs

Daily allowance of fresh milk .. 6 ozs.
skimmed milk powder 3 ozs.
oil in cooking .. $\frac{1}{4}$ oz.

If desired, 1 oz sugar may be allowed instead of 1 oz rice or dhal.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Fresh milk 6 ozs	8	5	6	108
Skimmed milk powder 3 ozs	45	30	..	300
Egg 1	..	3.5	3.5	45
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Dhal 1 oz	16	7	..	95
Bread 1 oz	15	2	..	68
Rice 2 ozs	46	4	..	200
Wheat 2 ozs	44	6	..	200
Fruit 1 portion	10	..	..	40
Oil in cooking ¼ oz	..	..	7.5	67
	200	63.5	17	1211

Non-Vegetarian Diet — 1500 Calories

Breakfast	Bread 2 ozs Egg 1 Fruit 1 portion Skimmed milk prepared from daily allowance of skimmed milk powder Coffee or tea, without sugar
Mid-morning	Unsweetened lime juice, if desired
Noon	Rice 3 ozs (9 ozs when cooked) Mutton, or fish, or chicken 2 ozs Dhal 1 oz (3 ozs when cooked) Curds from skimmed milk Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, strained and skimmed of fat if desired
4 p.m.	Skimmed milk Coffee or tea, without sugar Fruit 1 portion
7 p.m.	Wheat 3 ozs as dry chappathi or wheat rice Dhal 1 oz (3 ozs when cooked) Vegetables, a helping (*No yam or potato*) Greens, a helping

Daily allowance of oil in cooking .. ¼ oz.
skimmed milk powder 2 ozs

If desired, 1 oz sugar may be allowed instead of 1 oz rice or dhal

SUMMARY OF DIET

	gms C	gms P	gms F	Cals
Skimmed milk powder 2 ozs	30	20	..	200
Mutton 2 ozs	..	10	8	112
Egg 1	..	8·5	3·5	45
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Bread 2 ozs	30	4	..	136
Rice 3 ozs	69	6	..	300
Wheat 3 ozs	66	9	..	300
Fruit 2 portions	20	..	..	80
Oil in cooking ¼ oz	..	..	7·5	67
	263	72·5	19	1518

Vegetarian Diet, with or without Egg

1500 Calories

Breakfast	Bread 2 ozs Fruit 1 portion, or 1 egg Skimmed milk prepared from daily allowance of skimmed milk powder Coffee or tea, without sugar
Mid-morning	Unsweetened lime juice, if desired
Noon	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds of skimmed milk Vegetables, a helping (*No yam or potato*) Greens, a helping Pepper water, strained and skimmed of fat if desired
4 p.m.	Skimmed milk Coffee or tea, without sugar Fruit 1 portion
7 p.m.	Wheat 2 ozs as dry chappathi or wheat rice Dhal 1 oz (3 ozs when cooked) Vegetables, a helping (*No yam or potato*) Greens, a helping Fresh milk 6 ozs

Daily allowance of fresh milk .. 6 ozs
skimmed milk powder .. 3 ozs.
Oil in cooking .. ¼ oz.

If desired, 1 oz sugar may be allowed instead of 1 oz rice or dhal

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Fresh milk 6 ozs	8	5	6	108
Skimmed milk powder 3 ozs	45	30	..	300
Egg 1	..	3·5	3·5	45
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Rice 3 ozs	69	6	..	300
Wheat 2 ozs	44	6	..	200
Fruit 1 portion	10	..	..	40
Bread 2 ozs	30	4	..	136
Oil in cooking ¼ oz	..	..	7·5	67
	254	71·5	17	1471

HIGH PROTEIN DIETS

Suitable for:

Burns
Nephrosis with oedema and albuminuria
Hypoproteinaemia
Hypoglycaemia
Pyloric stenosis

A diet containing approximately 100 gms protein is comparatively easy to manage if flesh foods can be included but if milk and eggs are the only sources of animal protein, some further protein supplement must be used.

Skimmed milk powder is considered one of the cheapest of such supplements, egg powder may be used if available, and calcium caseinate is of particular advantage if the carbohydrate content of the diet must be kept low.

Three types of diets are given:

(1) approximately 2500 Calories with 100 gms of protein

(2) three diets of fixed Calorie value with higher protein. The latter diets provide for a protein feed every two hours and may be used in cases of hypoglycaemia when a constant source of protein for gluconeogenesis is required throughout the day.

(3) suitable for cases of pyloric stenosis, when it is required to build up a patient prior to surgery. In such cases food must be given at frequent intervals and in finely divided forms. Cereals may be milled to flour or fine particles before cooking. Other foods should be well mashed, or passed through a sieve, or homogenised after cooking. Liver is the most suitable flesh food for homogenising, but other meats and fish may be fairly satisfactorily prepared by mincing finely before or after cooking. For strict vegetarian diets, protein supplements prepared commercially may be used instead of the non-vegetarian foods.

High Protein Diet — Non-Vegetarian

Breakfast	.. Milk 6 ozs Coffee or tea, sugar Bread 3 ozs; Egg 1
Mid-morning	.. Milk 6 ozs
Noon	.. Rice 4 ozs (12 ozs when cooked) Mutton 4 ozs Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables; Greens
4 p.m.	.. Milk 6 ozs Coffee or tea, sugar Plantain 1 Egg 1
7 p.m.	.. Rice 3 ozs (9 ozs when cooked) Mutton 3 ozs Vegetables; Greens
9 p.m.	.. Milk 6 ozs

Daily allowances of sugar or jaggery:—1½ ozs.
oil in cooking:— ½ oz

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 24 ozs	34	21	24	432
Curds 3 ozs	4	2	2	42
Eggs 2	..	7	7	90
Mutton 7 ozs	..	35	28	392
Rice 7 ozs	161	14	..	700
Bread 3 ozs	45	6	..	204
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Plantain 1	18	1	..	76
Dhal 1 oz	16	7	..	95
Sugar 1½ ozs	45	..	..	180
Oil ½ oz	..	..	15	135
	339	99	76	2434

For alternatives for use with weighed diets, see page 4.

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High Protein Diet — Vegetarian with Eggs

Breakfast	.. Milk 8 ozs Coffee or tea, sugar from daily allowance Bread 4 ozs. or 2 iddly with chutney Egg 1; Plantain 1
Mid-morning	.. Milk 8 ozs with skimmed milk powder
Noon	.. Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Pepper water if desired Vegetables and greens
4 p.m.	.. Milk 6 ozs with skimmed milk powder Coffee or tea, sugar from daily allowance Egg 1; Plantain 1
7 p.m.	.. Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables and greens
9 p.m.	.. Milk 8 ozs with skimmed milk powder

Daily allowances of sugar or jaggery: 1½ ozs.
oil in cooking: ½ oz.
Skimmed milk powder: 2 ozs.

The skimmed milk powder should be beaten into fresh milk or mixed with mashed plantain.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Bread 4 ozs	60	8	..	272
Rice 6 ozs	138	12	..	600
Curds 6 ozs	8	4	4	84
Vegetables	8	2	..	40
Greens	8	4	..	48
Eggs 2	..	7	7	90
Plantains 2	36	2	..	152
Dhal 2 ozs	32	14	..	190
Sugar 1½ ozs	45	..	..	180
Skimmed milk powder 2 ozs	30	20	..	200
Oil ½ oz	..	..	15	135
	407	101	57	2531

For alternatives for use with weighed diets, see page 4.

High Protein Diet — Vegetarian without Eggs

Breakfast	Milk 8 ozs with added skimmed milk powder Coffee or tea, sugar from daily allowance Bread 4 ozs; Plantain 1
Mid-morning	Milk 8 ozs with added skimmed milk powder
Noon	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Pepper water if desired Vegetables and greens
4 p.m.	Milk 6 ozs with added skimmed milk powder Coffee or tea, sugar from daily allowance Plantain 1
7 p.m.	Rice 3 ozs (9 ozs when cooked) Dhal 1 oz (3 ozs when cooked) Curds 3 ozs Vegetables and greens
9 p.m.	Milk 8 ozs with added skimmed milk powder

Daily allowances of sugar or jaggery: 1½ ozs.
oil in cooking: ½ oz
Skimmed milk powder: 2½ ozs

The skimmed milk powder should be beaten into fresh milk or mixed with mashed plantain.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Bread 4 ozs	60	8	..	272
Rice 6 ozs	138	12	..	600
Curds 6 ozs	8	4	4	84
Vegetables	8	2	..	40
Greens	8	4	..	48
Plantains 2	36	2	..	152
Dhal 2 ozs	32	14	..	190
Sugar 1¼ ozs	45	..	..	180
Skimmed milk powder 2½ ozs	37	25	..	250
Oil in cooking ½ oz		..	15	135
	414	99	50	2491

For alternatives for use with weighed diets, see page 4.

High Protein Diet, with protein food every 2 hours
1500 Calories

Sugar is not allowed in the diet
Cooking should be fat-free

6 a.m. Skimmed milk 6 ozs with ½ oz skimmed milk powder

8 a.m. Skimmed milk 6 ozs with ½ oz skimmed milk powder
Coffee or tea
Eggs 2 (boiled, poached or scrambled)
Bread 1 oz

10 a.m. Skimmed milk 6 ozs
Fruit 1 portion

12 noon Rice 1 oz (3 ozs when cooked)
Mutton 4 ozs (or alternative)
Vegetables, Greens (*No yam or potato*)
Fruit 1 portion

2 p.m. Skimmed milk 6 ozs with ½ oz skimmed milk powder

4 p.m. Egg 1; Bread 1 oz

6 p.m. Rice 1 oz (3 ozs when cooked)
Fish 4 ozs
Vegetables, Greens (*No yam or potato*)

8 p.m. Skimmed milk 6 ozs

10 p.m. Skimmed milk 6 ozs; Fruit 1 portion

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Skimmed milk 36 ozs	52	36	..	350
Mutton 4 ozs	..	20	16	224
Fish 4 ozs	..	26	..	104
Eggs 3	..	10.5	10.5	135
Skimmed milk powder 1½ ozs	22	15	..	150
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Bread 2 ozs	30	4	..	136
Rice 2 ozs	46	4	..	200
Fruit 3 portions	30	..	..	120
	196	121	26.5	1509

For alternatives for use with weighed diets, see page 4.

High Protein Diet, with protein food every 2 hours
2000 Calories

Sugar is not allowed in the diet
Daily allowance of oil in Cooking ½ oz.

6 a.m. Milk 6 ozs with ½ oz skimmed milk powder

8 a.m. Milk 6 ozs
Coffee or tea
Eggs 2 (boiled or poached or scrambled)
Bread 1 oz

10 a.m. Milk 6 ozs

12 noon Rice 2 ozs (6 ozs when cooked)
Mutton 4 ozs (or alternative)
Vegetables, Greens (*No yam or potato*)
Fruit 1 portion

2 p.m. Milk 6 ozs with ½ oz skimmed milk powder

4 p.m. Egg 1; Bread 1 oz.

6 p.m. Rice 2 ozs (6 ozs when cooked)
Fish 4 ozs
Vegetables, Greens (*No yam or potato*)

8 p.m. Milk 3 ozs with ½ oz skimmed milk powder

10 p.m. Milk 3 ozs with ½ oz skimmed milk powder

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Mutton 4 ozs	..	20	16	224
Fish 4 ozs	..	26	..	104
Eggs 3	..	10.5	10.5	135
Skimmed milk powder 2 ozs	30	20	..	200
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Bread 2 ozs	30	4	..	136
Rice 4 ozs	92	8	..	400
Fruit 1 portion	10	..	..	40
Oil ½ oz	..	..	15	135
	220	121.5	71.5	2002

For alternatives for use with weighed diets, see page 4.

High Protein Diet, with protein food every 2 hours
2500 Calories

DAILY ALLOWANCES:— **Sugar or jaggery ... 1 oz.**
Oil in cooking ... ½ oz.
Coffee or tea with prescribed milk as desired

6 a.m. Milk 3 ozs with ½ oz skimmed milk powder
Egg 1 (boiled, poached or scrambled, or as egg flip)

8 a.m. Milk 6 ozs
Bread 3 ozs (or other preparation from 2 ozs cereal)
Egg 1 (boiled, poached or scrambled)

10 a.m. Milk 3 ozs with ½ oz skimmed milk powder
Fruit 1 portion

12 noon Rice 2 ozs (6 ozs when cooked)
Mutton 4 ozs (or alternative)
Dhal 1 oz (3 ozs when cooked)
Curds 3 ozs
Vegetables; Greens (*No yam or potato*)

2 p.m. Milk 3 ozs with ½ oz skimmed milk powder

4 p.m. Milk 6 ozs.
Egg 1 (boiled, poached or scrambled)
Fruit 1 portion

6 p.m. Milk 3 ozs with ½ oz skimmed milk powder

8 p.m. Rice 2 ozs (6 ozs when cooked)
Dhal 1 oz (3 ozs when cooked)
Fish 3 ozs
Vegetables; Greens (*No yam or potato*)

10 p.m. Milk 6 ozs; Egg 1

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Milk 30 ozs	42	27	30	540
Skimmed milk powder 2 ozs	30	20	..	200
Curds 3 ozs	4	2	2	42
Eggs 4	..	14	14	180
Mutton 4 ozs	..	20	16	224
Fish 3 ozs	..	20	..	80
Bread 3 ozs	45	6	..	204
Rice 4 ozs	96	8	..	400
Dhal 2 ozs	32	14	..	190
Vegetables 2 helpings	8	2	..	40
Greens 2 helpings	8	4	..	48
Fruit 2 portions	20	..	..	80
Sugar 1 oz	30	..	..	120
Oil in cooking ½ oz	..	..	15	135
	315	187	77	2483

For alternatives for use with weighed diets, see page 4.

High Protein Diet for Pyloric Stenosis

Non-Vegetarian

6 a.m.	Skimmed milk powder 1 oz as milk with coffee
Breakfast	Conjee of 1 oz wheat or ragi flour Skimmed milk powder 1 oz as milk Egg 1
Mid-morning	Egg 1 Skimmed milk powder 1 oz Water 4-6 ozs } as egg flip
Noon	Rice ravai 2 ozs, cooked until very soft Dhal 1 oz (3 ozs when cooked) Curds of skimmed milk powder 1 oz in water 3 ozs. Liver 3 ozs, homogenised
3 p.m.	Egg 1 Skimmed milk powder 1 oz Water 4-6 ozs } as egg flip
5 p.m.	Skimmed milk powder 1 oz as milk with coffee Egg 1
7 p.m.	Rice ravai 2 ozs, cooked until very soft Dhal 1 oz (3 ozs when cooked) Curds of skimmed milk powder 1 oz in water 3 ozs. Liver 3 ozs, homogenised
9 p.m.	Skimmed milk powder 1 oz in water 4-6 ozs.

Daily allowance of sugar or jaggery 3 ozs.
Oil in cooking: $\frac{1}{4}$ oz.
Strained fruit juice: as desired.
Vegetables: soft preparations if tolerated.

SUMMARY OF DIET	gms C	gms P	gms F	Cals
Liver 6 ozs	..	35	12	240
Skimmed milk powder 6 ozs	90	60	..	600
Eggs 4	..	14	14	180
Dhal 2 ozs	32	14	..	190
Wheat flour 1 oz	22	3	..	100
Rice ravai 4 ozs	92	8	..	400
Curds of 2 ozs. sk. milk powder	30	20	..	200
Sugar 3 ozs.	90	..	..	360
Oil ¼ oz	..	..	7.5	67
	356	152	33.5	2337

DIETS FOR GASTRIC AND DUODENAL ULCERS

The elimination of mechanical and chemical irritants from bland diets used in the treatment of gastric and duodenal ulcers requires the elimination of some seasonings and restriction of most other seasonings commonly used in Indian cookery. Patients consequently find the food insipid. Salt may be used in normal quantities but the pungent seasonings—chillies, mustard, pepper, ginger—should not be allowed. During convalescence, some of the milder seasonings—turmeric, coriander, cumin, cloves, cinnamon—may be introduced gradually, but the tolerance of each individual patient should be noted.

Instructions are given for two modifications of the Sippy diet:—

(1) milk and olive oil, with antacid medication.

(2) a milk basis with gradual introduction of solid foods. Following the latter, the diet should be further increased using the general instructions for a bland diet as given on page 60.

Sippy Diet. Modification I

7-0 a.m.	Olive oil ½ oz
7-15	Milk 6 ozs
8-0	Mag. trisilicate 30 grs
9-0	Tr. Belladonna 10 ms
9-15	Milk 6 ozs
11-15	Milk 10 ozs
12 noon	Olive oil ½ oz
1-15 p.m.	Milk 6 ozs
1-30	Tr. belladonna 10 ms
2-15	Mag. trisilicate 30 grs
3-0	Olive oil ½ oz
3-15	Milk 6 ozs
5-0	Mag. trisilicate 30 grs Tr. belladonna 10 ms
5-15	Milk 10 ozs
7-15	Milk 10 ozs
9-0	Stomach wash
9-15	Milk 10 ozs
10-0	Mag. trisilicate 30 grs

SUMMARY OF DIET

	gms C	gms P	gms F	Cals
Milk 64 ozs	90	58	64	1152
Olive oil 1½ ozs	..	..	45	405
	90	58	109	1557

Sippy Diet. Modification II

Days 1 and 2 — 3 ozs of milk or equal parts of milk and cream every hour from 7 a.m. to 7 p.m.

Days 3 and 4 — As day 1 with the following additions:
Noon 1 egg lightly cooked
½ slice thin crisp toast
4 p.m. 3 ozs well-cooked cereal, weighed after cooking

Days 5 and 6 — As day 1 with the following additions:
8 a.m. 1 egg lightly cooked
½ slice thin crisp toast
Noon 3 ozs well-cooked cereal, weighed after cooking
4 p.m. 1 egg lightly cooked
7 p.m. 3 ozs well-cooked cereal, weighed after cooking

Day 7 — As day 1 with the following additions:
8 a.m. 1 egg lightly cooked
½ slice thin crisp toast
10 a.m. 3 ozs well-cooked cereal, weighed after cooking
Noon 1 egg lightly cooked
2 p.m. 3 ozs well-cooked cereal, weighed after cooking
4 p.m. 1 egg lightly cooked
½ slice thin crisp toast
6 p.m. 3 ozs well-cooked cereal, weighed after cooking

2nd week — Gradually increase the quantities of cereal food given, and adding any of the following as desired and tolerated by the patient:
Custards, strained vegetable soups, pureed vegetables, jelly, jelly jams, butter, strained fruit juice and tomato juice.

3rd week — Increase quantities to give 3 small meals of 10—15 ozs each, with milk drinks in the early morning, between meals, and before retiring. Steamed fish, minced mutton, chicken or liver may be added.

4th week — Continue according to General Instructions for Bland Diet, given on page 60, giving milk drinks between meals and at night if the patient is awake.

General Instructions for Bland Diet

Foods and Drinks Allowed

Cereals	Boiled or steamed preparations of any cereal which does not contain bran or husk.
Milk	Fresh milk or reconstituted powdered milk as milk, curds, buttermilk, egg flip, or with weak tea or coffee or malted milk.
Eggs	Lightly boiled, poached or scrambled, as custard or egg flip, but not fried.
Meat	Mutton, liver, chicken or beef, well-cooked and preferably minced, but not fried.
Fish	Steamed, boiled, baked, but not fried.
Vegetables and greens	should be boiled with salt, and a little turmeric and onion if desired and tolerated. After cooking, all vegetables should be well mashed or sieved.
Miscellaneous:	Bread should be 24 hrs. old, and given as crisp toast or rusk. Biscuits (plain) may be allowed. Fruit juice should be prepared freshly as required, and strained. Beverages—weak tea, weak coffee, cocoa and malted milks may be allowed. Sugar, jaggery, honey, jelly jams without skins and pips. Dhal, if tolerated, should be well mashed.

Foods and Drinks Not allowed

All fried foods.

All seasonings with the exception of salt, and possibly small quantities of turmeric, coriander, cumin, cinnamon.

Skins, fibres, seeds and pips of fruits and vegetables.

Nuts.

Any preparation of whole-grain cereal, either milled or unmilled, e.g., chappathis, bread, biscuits made from wholewheat flour.

Strong tea and coffee.

Alcohol.

Food Lists for Low Salt Diets

Foods allowed in strictly low salt diets:

Arrowroot, sago, tapioca, rice, wheat, cornflour.
All vegetables except dried peas and beans, dhal, beetroot, carrots, celery, spinach.
All fruits, salads and nuts (not salted).
Sugar, jaggery, jam, marmalade, boiled sweets.
Seasonings other than salt.

Foods allowed in less strict diets:

Bread, low-salted butter, chicken, mutton, liver, milk.
All vegetables.

Foods forbidden in low salt diets:

All foods to which salt or baking soda has been added in cooking.
Butter, cheese.
Meat and fish products to which salt is added as preservative.
Proprietory foods. Yeast and beef extracts.

A few drops of lime juice added to food after serving improves the palatability of a low salt diet.

Food Lists for Low Fat Diets

Foods allowed:

Bread, dry chappathis, boiled or steamed preparations of any cereal to which fat or oil is not added.
Tea, coffee, small quantity of malted milks.
Sugar, jaggery, honey, syrup, boiled sweets.
Skimmed milk, egg white.
Boiled or steamed preparations of white fish, lean meat, chicken, liver.
Boiled or steamed preparations of vegetables and pulses (dhal).
Soups prepared without fat. Skimmed milk soups.
All fruits and fruit juices.

Foods forbidden:

Any fried preparations, butter, ghee, cooking oils and fats.
Biscuits, cakes, palaharams.
Whole milk, cream, egg yolk.
Fat meat, duck, goose, pork, sardines, salmon, fried fish.
Nuts, and any preparations containing nuts.
Fried vegetables, or any food to which fried seasonings are added. Pepper water.
Chocolate, ice cream.

Food Lists for compiling Diets of Low Purine Content

Foods with high purine content:

Sweetbread, liver, kidney, brain; meat extracts; duck; pork; turkey, beef, shellfish, meat soups, dhal.

Foods with lower purine content:

Chicken, mutton, salmon, wholegrain cereals, oatmeal, spinach, caulilflower, dried peas and beans.

Foods with little or no purine:

Tea, coffee, cocoa, fruit juices; carbonated beverages.
White bread, arrowroot, macaroni, tapioca.
Eggs, milk.
All fruits. Vegetables except those mentioned above.
*Butter, cheese, cooking oils, nuts.
*These foods should be eaten in moderation because of high fat content.

Food Lists for compiling Diets of High and Low Residue Content

Foods having a high residue content:

Whole grain cereals and cereal preparations. Bran.
Fruits and vegetables with edible skins and pips.
Green leafy vegetables.
Nuts, dhal, peas and beans.

Foods having a moderate residue content:

Fruit with no skins and pips.
Tender root and stem vegetables, pureed vegetables.

Foods having little or no residue:

Strained fruit juices and tomato juice.
White bread, toasted or as rusk.
Rice, tapioca, arrowroot, cornflour, in small quantities.
Plain biscuits and plain cake.
Milk, eggs, cream, butter.
Sugar, jaggery, honey, syrup, boiled sweets.
Tea, coffee, malted milks, yeast and meat extracts.
Mutton, fish (no bones), liver, chicken, brain.

Food Lists for Low Cholesterol Diets

Foods forbidden:

Egg yolk, liver, kidney, heart, sweetbread, duck.
Whole milk with high fat content, butter.

Cholesterol is absent from plant foods.

Food Lists for compiling Gluten Free Diets

for cœliac disease

Cereal preparations forbidden:

All preparations containing wheat and rye, bread, biscuits, cakes, rusks, vermicelli, spaghetti, macaroni, semolina, ragi.
Malted milks, proprietary foods (soups, sauces, salad dressings).
Sweets of unknown composition, ice cream.

Cereal preparations and other foods allowed:

Rice, cornflour, oats and soya products.
Meat, fish, eggs and milk.
Butter, ghee, cooking fats and oils.
Sugar, jaggery, jams, honey.
Tea, coffee, cocoa, chocolate.

Dietary Recommendations for Patients Suffering from Renal Calculi

The following suggestions are given according to the type of stone formed. With restrictions imposed, care must be taken to maintain a balanced and protective diet.

1. *Uric acid and urates*
   Eliminate purines from the diet (see food list, page 62).
   Give Alkaline ash diet with plenty of milk, i.e., increase the consumption of foods from lists A and C below, and decrease the consumption of foods from list B.

2. *Phosphate-carbonate stones*
   Give Acid ash diet, i.e., increase the consumption of foods from lists B and C below, and decrease the consumption of foods from list A.

List A .. Foods giving a high Alkaline Ash.
Dhal, green leafy vegetables, root and stem vegetables, milk, fruits, almonds, coconut. (Use rice in preference to wheat).

List B .. Foods giving a high Acid Ash
Whole grain cereals (use wheat in preference to rice), meat, fish, eggs, groundnuts, walnuts.

List C .. Neutral foods
Tea, coffee, sugar, cooking oils, tapioca, butter.

2. *Oxalate stones*
   Adjust the diet according to the following lists:—

Foods rich in oxalates .. to be avoided:—
Spinach, beans, rhubarb, green plantain, colocasia root, cashew nuts, dried figs, strawberries, chocolates, cocoa.

Foods containing a small amount of oxalates .. to be used in moderation:—
Bread, cereals, muscle meats, liver, sweetbreads, potato, brinjal.

Foods containing little or no oxalates .. may be allowed in liberal amounts:—
Milk, cheese, eggs, butter and other fats, rice, cabbage, carrots, asparagus, mushrooms, grapes, apricots, melons.

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